



Lenten Recipes from Around the World

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Black Bean Soup

Country of Origin: Guatemala

Makes 4–6 servings

- 1 T fair trade olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 c water or vegetable broth
- 3 cans black beans, drained and rinsed
- 2 tomatoes, diced
- 1 green chili, diced
- 2 t ground cumin
- 2 t chili powder
- ½ t salt
- Cilantro, minced (optional)

In a large pot, sauté onion and garlic in oil until brown. In a blender, combine 1 c water/vegetable broth and 2 cans of beans. Blend until smooth. Add to onion mixture. Stir in tomatoes, chilis, remaining beans, spices and remaining water/broth. Bring to a boil. Reduce heat, cover and simmer for 15 minutes. Serve with cilantro.



Bamia (Okra Stew)

Country of Origin: Uganda

Makes 4–6 servings

- 2 T fair trade olive oil
- 1 large onion, chopped
- 1 16 oz bag frozen cut okra
- 2 garlic cloves, chopped
- 2 t ground cumin
- 1 t ground cinnamon
- ½ t ground allspice
- 1 can diced tomatoes
- 2 c vegetable stock



Heat olive oil in large pot. Sauté onions until brown. Add okra, garlic and spices. Once okra is lightly browned, add tomatoes and vegetable stock. Simmer, uncovered, for 40 minutes or until okra is soft and stew thickens.



Coconut Dahl

Country of Origin: Sri Lanka

Makes 4 servings

- 2 c red lentils
- 2 T fair trade olive oil
- 1 shallot, chopped
- 1 garlic clove, chopped
- 1 t cinnamon
- Small handful dried or two fresh curry leaves
- 1 green chili, chopped
- 1 t hot curry powder
- 1 t salt
- 1 can coconut milk
- 2 c water
- 1/3 c lemon juice
- Basmati rice
- Cilantro

Rinse lentils. Heat olive oil in large pan. Sauté shallot and garlic until brown. Add lentils, cinnamon, curry leaves, green chili, curry powder, salt, coconut milk and water. Bring to boil, then reduce to simmer and cook until lentils are soft, adding more water as needed. Season with lemon juice. Serve with basmati rice and top with cilantro.



Ground Nut Stew

Country of Origin: Sierra Leone

Makes 4–6 servings

- 2 T fair trade olive oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 red pepper, chopped
- 4 tomatoes, diced



- 2 carrots, chopped
- 1 chili pepper, diced
- 2 t salt
- ½ t ground cumin
- ¼ t black pepper
- 3 cups water or vegetable broth, plus more as needed
- ½ c creamy peanut butter
- 2 cups white rice



Shakshouka

Country of Origin: Gaza

Makes 4 servings

- 3 T fair trade olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 7oz can green chilis
- 1 28oz can diced tomatoes
- 1 T ketchup
- 2 t salt
- 4 eggs

Heat oil in a large pan. Sauté onions and garlic. Add chilis including juice and cook until soft. Add tomatoes, ketchup and salt. Cook tomatoes down to a sauce. Make four holes in the sauce with a spoon. Crack the eggs into the holes and cover until the eggs cook. Leave yolks runny.



Cheese Empanadas with Beans

Country of Origin: Colombia

Makes 68 empanadas

Empanadas

- 2 c flour
- 2 T vegetable shortening
- 1 t baking powder
- 1 c cold water mixed with 1 t salt
- 12 oz queso fresco or farmer's cheese, shredded
- 4 T fair trade olive oil

Beans

- 2 16-oz cans of kidney beans, drained



- 1 onion, diced
- 1 red bell pepper, chopped
- 1 t cumin
- Cilantro (for garnish)



Empanadas: Mix the flour, shortening, baking powder and salted water in a medium-sized bowl. Knead until combined. On a floured surface, form dough into a roll. Cut into 6 to 8 equal pieces. Flatten each piece into a circle about 5 inches in diameter. Place about a tablespoon of cheese on one half of the circle and fold the other half of the dough over the cheese, making sure to seal the cheese inside.

Add oil to a large pan and heat until very hot. Place one empanada in the pan. Once the bottom is browned, turn over to cook the other side. Remove from pan and place on a paper towel to absorb the extra oil. Repeat with the other pieces of dough.

Beans: In a separate pan, sauté the onion and bell pepper with oil. Add the beans and cumin until warm. Garnish with cilantro.



Bean Cakes

Country of Origin: Burkina Faso

Makes 6–8 Bean Cakes

- 1 can black-eyed peas, drained
- 1 small onion, chopped
- 2 carrots, peeled and chopped
- 1 egg, whisked
- ½ t salt
- ½ t black pepper
- 1 c flour
- ¼ c vegetable oil

Place black-eyed peas in a blender with the onion, carrots and egg. Blend to a smooth paste, and add salt and pepper. If bean mixture has too much liquid to form cakes, add flour, ¼ cup at a time to thicken until you can form into cakes. Divide into 6 to 8 portions and place in hot vegetable oil. Flatten each one into a disc using a spatula. Fry until browned (about 5 to 7 minutes), turning occasionally. Serve with rice.





Fattat Laban

Country of Origin: Lebanon

Makes 6 servings

- One 32-ounce container of plain whole milk yogurt
- Cheesecloth
- 1 bunch fresh mint, finely chopped
- 1 teaspoon dry mint
- 2 garlic cloves, crushed
- Two 16-ounce cans chickpeas
- Pita bread
- Almonds, chopped, toasted (*optional*)
- 2 tablespoons FAIR TRADE olive oil

Place a colander into a bowl, line it with cheesecloth and place yogurt in it. Cover and place in refrigerator. Allow yogurt to drain for a few hours, or overnight.

Combine drained yogurt, fresh and dry mint, and crushed garlic in a bowl. In a pan, heat chickpeas in their liquid until warm, then drain and set aside. Toast pita bread in oven until golden in color. Break some of the pita bread and place pieces in a large bowl with chickpeas. Add yogurt mixture. Top with fresh mint and toasted almonds. Drizzle olive oil over top. Serve with remaining pita bread.



Pescado al Horno

Country of Origin: Philippines

Makes 4 servings

- 4 tilapia fillets, about 6 oz. each
- 1 tsp lemon juice
- Salt and freshly ground pepper to taste
- 1/3 cup fair trade olive oil
- 1 onion, finely minced
- 1 ½ cups chopped tomatoes
- ½ cup pepper (pimento or red bell), cut into strips
- 1 Tbsp finely minced parsley

Preheat oven to 350°F. Season tilapia with lemon juice, salt and pepper. Place in a shallow glass pan and set aside. Heat olive oil in a medium skillet and sauté onions, tomatoes, and pepper until soft. Pour over fish. Sprinkle with parsley. Bake for 25 minutes and serve with rice.